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PAGE 6

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QUICK, BEFORE IT MELTS!

Claudia Moe and Colin Woloshyn take a break from work to enjoy the last remaining bits of snow by having a snowball fight near Wascana Park on Tuesday. It was some welcome fun in the sun after what has been a long-awaited end to winter conditions. ROSS ROMANIUK/METRO

Flood watch: Worst-case scenario over

But concerns remain. WSA keeping close eye on several lakes, including Wascana

The worst-case scenario for flooding in Saskatchewan has been avoided, in part because of a long, drawn-out spring melt.

Water Security Agency spokesman Patrick Boyle says a lot of snow — and there was record snowfall in some areas — was absorbed by the ground or evaporated.

"Overall the long melting period has helped us out a lot this year," Boyle said Tuesday.

"Most of the snow cover is gone in the province, and in the southern areas, the majority of local inflows are now declining and making their way through the river systems."

Boyle said there's never been a spring melt this late on the Prairies, so officials weren't entirely sure what to expect. But in the end, the late melt helped because water flowed in stages, rather than all at once.

The agency is still watching several lakes where levels have not yet peaked.

Wascana Lake was expected to peak Wednesday, while lakes in the Qu'Appelle Valley will see their highest levels in the next couple of weeks.

The peaks are expected to be lower than originally forecasted.

"This is pretty good news for those regions as it does lower the flood risk, but the peaks have not passed yet, so people still need to remain on flood alert a little while longer," said Boyle.

Late Tuesday, the RM of Corman Park — the rural area that surrounds Saskatoon — declared a local state of emergency, bringing the total to 14 communities under the designation. Acting administrator Adam Tittemore says some homes have taken on water and some are cut off from a main road. THE CANADIAN PRESS

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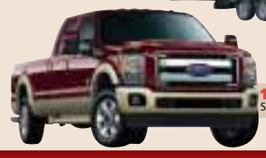

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Soak up the sun! Patio season is finally upon us

Have a cold one in the heat. Local restaurateurs say patios make a big difference to their bottom line

ALYSSA MCDONALD
alyssa.mcdonald@metronews.ca

It's the dream Reginans have all winter: grabbing a cold one and enjoying the hot summer day on a patio.

Their dreams are becoming reality as around the city, restaurants and pubs have begun opening their patios for the season. This is also good news for the restaurateurs, because it means more seating capacity and exposure.

"We tend to grow 30 per cent in the summer," Niall O'Hanlon, owner of O'Hanlon's Irish Pub, said on Tuesday. "We attract new customers with our patio and then they stay for the winter."

O'Hanlon built a boardwalk outside his downtown pub on Tuesday so he could turn the sidewalk into a patio — a style that city council has decided, in a vote on April 29, should serve as a model for other new patios in the area.

However, this is a temporary solution for O'Hanlon, who plans to construct a permanent patio — nearly doubling its size — in the next two months.

"We are going to have a sweet patio by the end of it," he said. "We will be able to have a dance party outside."

The Willow on Wascana is also known for its patio, which seats approximately 80 people — twice the capacity of its indoor space.

"It entirely changes the dynamics of The Willow. It's a completely different place in summer (than in) winter because of its outdoor space," said Greg Hanwell, a partner in The Willow on Wascana and downtown's Beer Brothers.

Both of those restaurants opened their patios this week.

"It's an enormous impact," said Hanwell. "Everybody's been dying to get outside. It's what they have been waiting for, and now they have a chance."

Niall O'Hanlon constructed a boardwalk on Tuesday so he can turn the sidewalk outside his downtown pub, O'Hanlon's, into a temporary patio before he builds a permanent three-season patio in two months. ALYSSA MCDONALD/METRO

House explosion injures 3; drug charges laid

The house where there was an explosion Monday. METRO

A woman is facing drug charges after an explosion rocked a house in Regina's Cathedral neighbourhood.

Three young men were sent to hospital Monday night after the blast, with one of them later being discharged.

A 19-year-old woman who arrived on the scene after the explosion was later arrested and Regina police said it is likely more charges will be laid.

Police say someone in the house was cooking oil with butane before the explosion.

It's believed the explosion occurred because the gas drifted downstairs and was lit by the furnace.

A 39-year-old woman who was also inside the house with the men was not hurt.

"It shook my whole house," said Daryl Eberhardt, who lives half a block away, of the blast.

"It was a great big whompf and you could feel it right in your stomach."

The explosion was so big the walls cracked, the roof lifted off the house, and the house is now sitting askew on its foundation, according to police.

THE CANADIAN PRESS/CJME

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What was your worst summer job ever?

We have all had them — those summer work arrangements that turn out to be less than ideal. Well, summer job season is upon us again and Metro hit the streets on Tuesday to find out what people's worst summer jobs were.

JEFF MACKEY AND MORGAN MODJESKI
Metro

Elicia Gordon, 27, program officer, Saskatoon

"I was a dishwasher at an Italian restaurant in the heat of summer with no air-conditioning. It was scraping hot cheese off of hot dishes in the summer. It was the worst."

Scott Benson, 31, interactive designer, Regina

"I bagged ice at an ice plant for a summer, that was really monotonous physical labour … you'd think it would keep you cool, but it is surprising how hot you'd get moving all that ice around."

Gillie Chartier, 24, bistro employee, Saskatoon

"The worst was probably the first, it was picking up crabapples in my family friend's backyard and he had a big backyard and big crabapple trees. It was just disgusting, they would fall on the ground and then they would mold."

Rathana Chhuon, 31, IT analyst, Regina

"Mine would be when I was a summer carny travelling from one exhibition to another. You get to see Canada but it was 16-hour days and a whole lot of drama."

Iryna Legka, 27, management consultant, Regina

"I can say that when I was locked in an office writing research and helping my professor write his PhD for three months, I did not see outside for a very long time."

Jordan Hittel, 24, mechanical designer, Saskatoon

"The worst summer job that I've had was probably driving around in a tractor cutting ditches for an RM (regional municipality.) Just being alone for that extended period of time in a tractor travelling at a very slow speed."

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Province to address mental health, addiction

ALYSSA MCDONALD
alyssa.mcdonald@metronews.ca

The provincial government is developing a multi-ministry action plan to build up services offered for people living with mental health and addictions.

The plan will create initiatives for mental health and addiction services, and will be formed by the health, education, justice and social services ministries of the government.

It will also include outside agencies.

"Mental health isn't just an issue for health, which is typically how we viewed mental health in the past," Health Minister Dustin Duncan said on Tuesday at the Canadian Mental Health Association's offices in Regina.

The plan will involve input from patients, to try to understand how the situations of those suffering from mental health and addictions can improve.

"We have been asking for a plan for mental health and addictions in the province for many years," said Dave Nelson, executive director of the Canadian Mental Health Association in Saskatchewan.

"When they are into the health care system, it's beyond the point of being able to prevent them from actually having to access the system."

Initiatives that Nelson wants to see include more resources for counselling, as well as a focus on educating youth so mental health can be recognized and the stigma around the issues can be dealt with.

The plan will look into a broad range of issues, including anxiety, suicide, schizophrenia and depression, which Nelson said can be easily treated but is usually not recognized.

"A large part of that is because of a lack of understanding about depression and the stigma that goes with it," he said.

The action plan and recommendations are slated to be completed by the fall of 2014.

Health Minister Dustin Duncan talks with media on Tuesday about the new mental health and addictions action plan. ALYSSA MCDONALD/METRO

Tuition hike

University of Regina tuition rising by 4.4%

The University of Regina's board of governors approved its 2013-14 operating budget of $187 million Tuesday. It says the province gave the university a 1.9 per cent increase to its operating grant for the year, as well as $800,000 for the third year of the nursing program.

Board chairman Paul McLellan says tuition increases, combined with internal budget reductions, allowed the board to pass a balanced budget.

Undergraduates will pay 4.4 per cent more for tuition, while masters and PhD students will pay 10 per cent more, except for those in the graduate schools of business and public policy.

International graduate students will have their fees rise from $800 to $1,000 per semester.

The university says the increased tuition rates continue to be below the national average. THE CANADIAN PRESS

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Should cops have found missing women sooner?

Tough questions.
Cleveland police under scrutiny after rescue of captives who vanished almost a decade earlier

Ariel Castro

Pedro J. Castro

Onil Castro

Amanda Berry, right, hugs her sister Beth Serrano after being reunited in a Cleveland hospital Monday. Berry and two other women were found in a house near downtown Cleveland Monday after being missing for about a decade. THE ASSOCIATED PRESS/FAMILY HANDOUT

One neighbour says a naked woman was seen crawling in the backyard of the house a few years ago. Another heard pounding on the home's doors and noticed plastic bags over the windows.

Both times, police showed up but never went inside, neighbours say. Police also paid a visit to the house in 2004.

Now, after three women who vanished a decade ago were found captive at the house Monday, Cleveland police are facing questions about their handling of missing-person cases and are conducting an internal review to see if they overlooked anything.

City Safety Director Martin Flask said Tuesday that investigators had no record of anyone calling about criminal activity at the house but were still checking databases.

The women were rescued after one of them kicked out the bottom of a locked screen door and called 911. Neighbour Charles Ramsey heard the woman screaming and helped in the rescue.

"Help me. I'm Amanda Berry," the woman breathlessly told a dispatcher in a call that exhilarated and astonished much of the city. "I've been kidnapped and I've been missing for 10 years and ... I'm free now." Berry, 27, Michelle Knight, 32, and Gina DeJesus, about 23, had apparently been held captive in the house since their teens or early 20s, said Police Chief Michael McGrath. Three brothers, ages 50 to 54, were arrested. One of them, Ariel Castro, owned the home. No immediate charges were filed. A six-year-old girl believed to be Berry's daughter was also found, said Deputy Police Chief Ed Tomba. He would not say who the father was.

The women were reported to be healthy and were reunited with family but remained in seclusion.

THE ASSOCIATED PRESS

Dozens dead in Mexico blast

Firefighters work next to destroyed houses and vehicles after a gas tanker truck exploded on a highway in a Mexico City suburb early Tuesday. The blast killed and injured dozens, according to the Citizen Safety Department of Mexico State. GABRIELA SANCHEZ/THE ASSOCIATED PRESS

Jobs

Is foreign labour distorting market?

Canada's temporary foreign worker program was under renewed scrutiny Tuesday as a new report suggested the system "could be distorting" the natural supply and demand of the country's labour market.

The study from the University of Calgary suggests Canada isn't facing a wide-scale labour shortage but rather is experiencing a "serious mismatch" between the skills of its residents and the demands of the labour market.

Kevin McQuillan, the study's lead author, said improving the balance does not require an increase in the workforce.

"The (temporary foreign worker program) is sometimes being used to fill jobs with foreign workers in regions that already suffer from relatively high unemployment rates," he said.

"Temporary foreign workers could be distorting the labour market forces that would bring together more Canadian workers and jobs."

THE CANADIAN PRESS

Big spenders. Senators asked to pay thousands back to taxpayers

Two senators will be asked to reimburse taxpayers for large sums after an audit of their expenses, according to a source familiar with the results of the investigation.

Sen. Patrick Brazeau, who sits as an independent, will be asked to pay back about $30,000, and Liberal Sen. Mac Harb owes the government more than $100,000, the audit reportedly indicated.

Internal Senate committees are expected within the next two days to debate whether the audit findings should be passed on to the RCMP for possible investigation, the source said.

The report is the latest development in the uproar over spending by senators on housing and travel expenses.

The independent forensic auditors have asked for more time to examine the travel expenses of Conservative Sen. Pamela Wallin. Wallin has reportedly already repaid a considerable sum to the government in connection with questionable expenses. But the investigation of her claims is not over, the source said.

Conservative Sen. Mike Duffy has also been investigated over funds he has claimed to pay his living allowance in Ottawa. But he reportedly returned more than $90,000 in expenses earlier this year after questions were raised about whether he should claim a cottage in Prince Edward Island as his principal residence. He has said he "may have been mistaken" in filling out forms about his principal residence.

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Daring to celebrate curves

A new homegrown publication is seeking to help elevate the profile of curvier women in the fashion world. Dare Magazine, (daremag.ca), an online offering for curvy women size 12-plus, has been launched by fourth-year Ryerson University fashion communications student Diana Di Poce. Describing herself as "plus-size all my life," Di Poce said she has long been interested in fashion and beauty magazines, but found representation of average-size women on their pages lacking. THE CANADIAN PRESS

Boomerang kids prove costly

The parent trap. Report finds majority of boomers have stepped up to help support adult children

Along with reduced pensions, low returns on their savings and high debt, Canada's boomer generation is facing an additional burden as they ease into their retirement years — their "boomerang kids."

A report from TD Canada Trust suggests boomers are taking on more of the responsibility for their adult children struggling to attain financial self-sufficiency in the post-recession years of high youth unemployment and low wage gains.

The report, based on an online survey by Environics Research, shows a majority of boomers have stepped up to help support their adult children, and that as many as one-in-five say they would be prepared to put their own financial security at risk to help out.

The number one way of helping out is providing free room and board, but also contributing to major purchases like cars or computers, helping pay for rent and groceries and of course, paying off credit card bills.

"Today high youth unemployment, increasing post-secondary education costs and high property prices mean many young people are more likely to rely financially on their parents well into adulthood," said John Tracy, senior vice-president of TD Canada Trust of the results.

THE CANADIAN PRESS

Q1 results

WestJet stock drops over new capacity concerns

WestJet Airlines Ltd.'s "best ever" quarterly earnings were overshadowed Tuesday by a drop in its stock, as investors worried whether the airline will be able to profitably fill its planes as it increases capacity. Shares fell by as much as 13 per cent on the Toronto Stock Exchange, but recovered later in the day to close down $1.85 or 7.5 per cent at $22.87. The airline posted a profit of $91.1 million during the first three months of 2013. THE CANADIAN PRESS

Market Minute

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JUST SAYIN'

Paul Sullivan
metronews.ca

What would you do if you found out someone was calling you a lying, cheating, perverted, sex maniac pedophile all over the Internet?

If all of this made-up propaganda was having a real impact on your career as a teacher?

If someone posted pictures of you naked on your own Facebook page?

What would you do if there was nothing you could do?

Welcome to Lee David Clayworth's nightmare. He's a 35-year-old Vancouver teacher who, back in 2010, was in a relationship with a woman named Lee Ching Yan when he was teaching in Malaysia. After a few weeks, she seemed increasingly vindictive and controlling, so he broke up with her — thereby driving his life into the ditch.

He says his former girlfriend broke into his apartment and swiped his laptop and hard drive — as well as his passport, money and all his clothes. That was bad enough, but it wasn't long before two-and-a-half years of online harassment began.

It's not hard to find verification for his accusation. Even today, the first reference that comes up when you Google Lee David Clayworth is a post on something called liarscheatersrus.com accusing him of cheating … adding that he has a nasty STD to boot.

Clayworth sued Yan for defamation in Malaysia — and won. But that did nothing to stem the cyberbullying ruining his life. So he's taken to telling his story to the media, and now the defamation is tempered by numerous defenders rushing to his aid.

Still, it's going to take a while before his worldwide web reputation is restored. It would help if he could find his tormentor, but she could be in Australia. Or not. He doesn't know where she is; just that she's still wreaking havoc.

You could argue you should never post nude pictures of yourself anywhere. Don't even get naked. Stay fully clothed. As we've all learned, your private stuff is not really private when phishers and hackers are determined to steal it. Lee David Clayworth probably learned that lesson nearly three years ago. He doesn't really need to keep learning it.

As for the rest of us, we're all learning, day after day, that the Internet is a new and powerful way to hurt other people. Malicious trolls and bullies violate our private places and make our lives a living hell, especially if we're already vulnerable. Just ask Amanda Todd. Just ask Rehtaeh Parsons.

The guys who invented the Internet had no idea it was going to turn into an instrument of torture. Never mind that it's a great place to learn how to make a bomb.

It's probably too late for Lee David Clayworth — if you were a school principal, would you hire the star of liarscheatersrus.com, even if you knew he was falsely accused? — but law enforcement is moving in to end the wild freedom and anonymity that characterizes the Internet.

Too bad, but it turns out virtual reality bites, too.

ZOOM

A heartbreaking pic of staggering cuteness

COURTESY/WIRES

Koala left homeless

He came back, only to find his home gone. This confused koala was found last month atop shredded bark, where once his woodland habitat stood, in Vittoria State Forest, some 185 kilometres west of Sydney, Australia. A forestry worker reported the marsupial to wildlife rescue service WIRES, who sent a volunteer to rescue the animal. **METRO**

Recovering at the vet before return to wild

The young sub-adult male koala was discovered with an eye infection, and was brought to a local veterinarian where he spent a few days in care. After his eye fully healed, the animal was released into a nearby koala habitat. "My feeling is that I am glad we were able to rescue the koala and take it into care in good time," WIRES general manager Leanne Taylor told Metro. **METRO**

Click bait

HANNAH ZITNER
hannah.zitner@metronews.ca

With Chris Hadfield's adventures in space making headlines in recent months, space exploration has gained a new dose of respect (and even a few new songs). If @Cmdr_Hadfield's 140 characters aren't enough to satiate your appetite, you can fill the black hole with these space blogs.

Bad Astronomy:

Formerly found on Discovery Magazine's website, Phil Plait's Bad Astronomy blog has now landed on Slate. Having worked on the Hubble telescope for 10 years, Plait knows a thing or two about the stars — and regularly debunks popular space myths.

Space:

Home to all things out of this world, Space.com posts accessible videos, graphics and articles about skies, stars and the search for life. If you don't care to read about the stars, at least visit for the photos (and maybe you'll stay for the articles).

Basic Space:

Scientific America's space blog — cleverly named Basic Space — decodes space and astrophysics research. Don't really understand bosons? Me neither, but I do now thanks to writer Kelly Oakes (apparently, Margaret Thatcher was ahead of us on this and very clearly knew about the W Boson).

Letters

RE: Where Does Religion Fit In?, published May 6

I feel compelled to expand upon the writer's argument supporting a "hands-off" approach to her child's religious education by asking a few additional questions.

Why teach our children anything? Surely our kids would be better off never learning to read. Isn't that the only way to prevent them from being exposed to negative media, unfriendly text-messages or emails, or the need to count calories in food to the chagrin of their self-image?

Of course the fallacy in this argument is self-evident. We as parents have an opportunity (and responsibility) to provide our children with the tools and confidence to excel within society. This means investing in every aspect of their physical, emotional, intellectual and spiritual upbringing.

To overlook the good within religion amidst the bad, is to throw the baby out with the baptismal water. Embracing religious illiteracy offers no protection, no comfort, and no direction. And it offers no assurances of a healthy development fuelled by personal choice, popular opinion and a world of relative truth.

What it does offer, is an easy way-out-approach to a common problem … one that may not prove so easy in the end. Kudos — of course — on a very thought-provoking article. Best wishes to each parent on their own journey.

Gregory Day, Toronto

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

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Leonardo DiCaprio and Carey Mulligan star in the latest film rendition of The Great Gatsby. HANDOUT

Difficult finding the Great when it comes to Gatsby on big screen

New movie. Capturing the mood of one of the best books of the last 100 years has proven exceedingly difficult for filmmakers

IN FOCUS
Richard Crouse
scene@metronews.ca

F. Scott Fitzgerald's The Great Gatsby is one of the best-known novels of the 1900s. Dubbed one of the two best books of the last century by The Modern Library, these days Gatsby may be more familiar as the movie that reestablished Vincent Chase's career on the show Entourage.

On the HBO series, Chase (Adrian Grenier) was a fast-fading movie star until Martin Scorsese cast him in a movie based on the book. That fictional film became a big hit and put Chase back on top of the Hollywood heap.

This weekend The Great Gatsby comes to the big screen for real when Moulin Rouge director Baz Luhrmann unleashes a 3D version of the story starring Leonardo DiCaprio and Carey Mulligan.

It's not the first time the life and times of doomed Jazz Age millionaire Jay Gatsby has appeared in theatres.

In 1926, just one year after the book was published, a silent movie starring William Powell was released. The movie was popular with audiences but at least two paying customers weren't impressed.

Scott Fitzgerald and his wife, Zelda, walked out of a screening. Later an incensed Zelda wrote to her daughter, "We saw The Great Gatsby in the movies. It's rotten!"

A 1949 film noir version spun the story to fit its lead actor. Movie tough guy Alan Ladd — billed as Ladd: Man of Violence and Mystery — stars in a cautionary tale about learning "the hard way about the wages of sin."

To play up to Ladd's core audience he's seen firing a machine gun in a story that focuses on Gatsby's violent history as a bootlegger. Despite Ladd's fame and passion for the project (he personally convinced Paramount to make the film), the movie was not a success, and was eventually withdrawn by the studio. To this day it's still hard to find a copy.

The most famous version to date starred two of the biggest stars of the 1970s: Robert Redford and Mia Farrow. Working from a script by Francis Ford Coppola — who lived in F. Scott Fitzgerald's home while he wrote the screenplay — the movie stays true to the novel. Embellished by beautiful set design and lush costumes, it's a treat for the eyes, but received tepid reviews. The New York Times wrote, "the movie itself is as lifeless as a body that's been too long at the bottom of a swimming pool."

The last women standing on American Idol

It hasn't been an easy road for the three final American Idol contestants.

Candice Glover was twice rejected by the show before making it to the final three. Kree Harrison chased her dream for so long in Nashville, she thought it might be time to give up. And Angie Miller sang a stirring dedication following the Boston bombing. Now the three will duke it out Wednesday on Fox as one is crowned the winner on next week's finale. Here are their stories.

THE ASSOCIATED PRESS

Candice Glover

The third time has been the charm for Candice Glover. She made it past the first round of American Idol auditions in Season 9 and Season 11, but didn't make it to the semifinals. This season, her slow, burning, powerful version of The Cure's Lovesong was called the greatest performance ever on the show by judge Randy Jackson.

Angie Miller

Angie Miller's poise and confidence seem as effortless as her high notes. One of her most rousing Idol performances came after the Boston Marathon bombings, when she dedicated the song I'll Stand by You to "my home, Boston."

Kree Harrison

American Idol finalist Kree Harrison has a piece of advice for aspiring contestants.

"You have to know who you are because if you don't, it's even harder."

The native Texan has spent the last 13 years in Music City chasing the dream, and part of that long journey has been maintaining her personal vision as an artist. That vision has landed her as one of three finalists on Idol.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Ja Rule

Rapper Ja Rule leaves lockup after serving time for tax conviction

Federal authorities say platinum-selling rapper Ja Rule has left federal prison.

The Federal Bureau of Prisons says he left a correctional facility in New York's Adirondacks on Tuesday, though time remains on his sentence.

The bureau says the release date for the 36-year-old rapper, whose real name is Jeffrey Atkins, technically remains July 28, with possible community-based supervision for the balance.

TMZ reports his wife picked him up and that he'll remain in home confinement until then.

Ja Rule had served most of a two-year sentence for illegal gun possession in a New York state prison before his release in February and subsequent transfer into federal custody in the tax evasion case.

THE ASSOCIATED PRESS

Mariah Carey and Nick Cannon

This isn't Love and Hip Hop

In an appearance on the KTLA Morning News, Nick Cannon defended his wife Mariah Carey and her ongoing feud with co-judge Nicki Minaj on American Idol.

"My wife (had) foreseen all this. She tried to tell the network, 'I don't think this is going to work. I'm afraid ... I don't need this.'" Cannon said Carey warned that pairing her and Minaj on the same panel was "taking it in the wrong direction, because this is going to turn into one of those reality shows. She's like, 'I didn't sign up to be on Love and Hip Hop.'"

But that doesn't mean Carey is letting the fighting bother her. Per Cannon: "She comes home and just doesn't have time for it. She's too busy trying to be the world's biggest superstar-mom."

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The Word

Vonn and Woods take their romance public

Well, lookie here. Tiger Woods and Lindsay Vonn went out as an "official" couple.

The sports duo showed up together at the annual Costume Institute Gala at the Metropolitan Museum of Art in NYC on Monday night.

But according to Us Weekly, their big night out wasn't without its problems, as Woods maybe had a little too much to drink.

At the gala's after-party at the Standard Hotel, the two did get handsy with one another (an onlooker tells the magazine they "chatted, drank, held hands and kissed for much of the night.") But then around 2 a.m., a "seemingly tipsy" Woods fell on the ground and didn't move until Vonn helped him up.

Seems like an excellent ending to a first outing to me.

METRO WORLD NEWS

In Oregon's Stumptown (one of Portland's nicknames, evoking a bygone era of rapid land development and tree-cutting) living thrifty is living well. And there's plenty of free things to do around town.

PHOTOS AND STORY: THE ASSOCIATED PRESS

5 Free things to do in Portland

Powell's City of Books

Step back into the foggy mists of yesteryear — OK, maybe just a decade or two — when bookstores were still a viable enterprise. If Portland, as television's Portlandia suggests, does keep alive the dream of the '90s, then Powell's is its muse. People-watch, browse away or curl up in one of the comfy chairs. The block-long bookstore is a mainstay on tourism guides. It's a haven for used, out-of-print, rare or autographed books.

Forest Park

Five thousand acres (2,023 hectares) of rolling hills, fire lanes and the simple stillness of the Oregon wild are within city limits, less than a 10-minute drive from downtown Portland. The park is best enjoyed by a slow amble up the Wildwood Trail, with creeks bubbling and chipmunks chittering under a shady conifer canopy. Only a short drive away is Washington Park, home to the International Rose Test Garden, with more than 10,000 rose plants.

Farmers Markets

For the daring, the curious and the shameless, Portland's farmers markets mean one thing: free tastes. Perhaps it's the Rogue River Blue Cheese at the Thursday market in Northwest. Or perhaps the carnivores in your group will make for the beef and chicken of Viridian Farms, darlings of the local restaurant scene. Samples of almost everything are made bite-sized and jammed on a toothpick, and markets can be found nearly every day of the week, anchored by the massive Saturday Market downtown.

Old West architecture

With all the flannel, unicycles and pour-over coffee, it's easy to forget that Portland was once an Old West town, a fact reflected in its architecture if you're willing to look hard enough. The best example is the Pioneer Courthouse downtown, the oldest federal building in the Pacific Northwest. The dark wood of its halls, constructed in 1869, make it a quiet refuge from the busy, adjacent courthouse square. Six blocks east bring you to The Lotus, opened as a "soda bar" during Prohibition (yeah, right) built underneath the Lotus Hotel, a reputed brothel.

Used stuff

Buffalo Exchange, the used clothing store chain, at *those* prices? Never. The most Portland part of Portland, the one that inspires the jokes, is on Hawthorne Boulevard, where you'll find House of Vintage, Red Light Clothing Exchange and half a dozen others. It's not just recycled clothing that sets this city apart. But you don't have to spend anything to take in the scene: browsing is free and people-watching is a sport.

Newfoundland

Seamus O'Regan talks The Rock

ON THE MOVE
Loren Christie
life@metronews.ca

Seamus O'Regan, former co-host of Canada AM, is a broadcaster, writer and proud Newfoundlander. I recently chatted with him about his home province and why it should be on every traveller's hit list.

What are the top three places people should visit in Newfoundland and Labrador?
Top of my list is the Torngat Mountains but that is so far north in Labrador, part of Canada's newest national park. Very difficult to get there; tough and expensive. You need to get to Goose Bay and from there to Nain, where you will need a helicopter and a boat. That is a very aspirational destination.

I think Gros Morne is unbelievable. It's a slice of Norway that's been put into our country.

Signal Hill (in St. John's). There are very few cities in the world that have a national historic site and such a beautiful hike right in the city. My preferred route is up the hill by side of the road and then coming down the back along the cliff and into the city and then straight to the Duke of Duckworth.

Is that the best pub in St. John's?
It's my pub. The Duke was my home away from home. Allan Hawco (lead actor on the CBC's Republic of Doyle) is more of aficionado. They replicated the Duke on a sound stage for the show. It's a genuine Newfoundland pub, the real deal. Owners are amazing.

When is the best time to go?
I like early July because that's when the iceberg season is meeting the whale season. Icebergs making their way down the Eastern seaboard and whales coming up. My friend Stan Cook has a sea kayaking operation in Cape Broyle that is legendary. To be on the surface of the water and see an iceberg and a whale — by the way it is exceptionally safe — is the most extraordinary feeling.

Beautiful Newfoundland. FLICKR

Napa Valley for next to nothing

Wine and dine.
There's still a few places to find some freebies in a destination known for its pricey offerings

Love the lush and lovely Napa Valley but hate how expensive it can be? You're not the first. In the late 19th century, writer Robert Louis Stevenson moved his honeymoon to the rustic but free setting of an abandoned mining camp when the $10-a-week going rate for Calistoga hotels proved too much for his slender purse.

You're not likely to find free lodging today, but there are a number of things you can enjoy.

The scenery

There are two main ways to see the Napa Valley by car.

Highway 29 is a straight shot from the south end of the valley — marked by the famous Grape Crusher Statue — through Napa, Yountville, Oakville, Rutherford, St. Helena and Calistoga. Along the way are dozens of restaurants and wineries, including the Robert Mondavi Winery and Inglenook, the winery restored by director Francis Ford Coppola. Be aware traffic gets heavy at rush hour and slows to a crawl when there's a big event going on, such as the annual wine auction held the first weekend in June.

To reach the Grape Crusher Statue from Highway 29 (heading north from the San Francisco Bay area), turn left onto Soscol Ferry Road, continue on Vista Point Drive, then continue onto Napa Valley Corporate Drive and then right at the statue.

The other driving option is the Silverado Trail, which is most easily picked up by taking the Trancas Street exit from Highway 29 in Napa and then turning left when you see the sign for the Silverado Trail. The trail more or less runs parallel to Highway 29 but is quieter, winding through green vistas of vineyards and rolling hills.

There's plenty of art to be enjoyed in Napa Valley. THE ASSOCIATED PRESS

Wineries along this route include Mumm Napa Valley.

Wineries

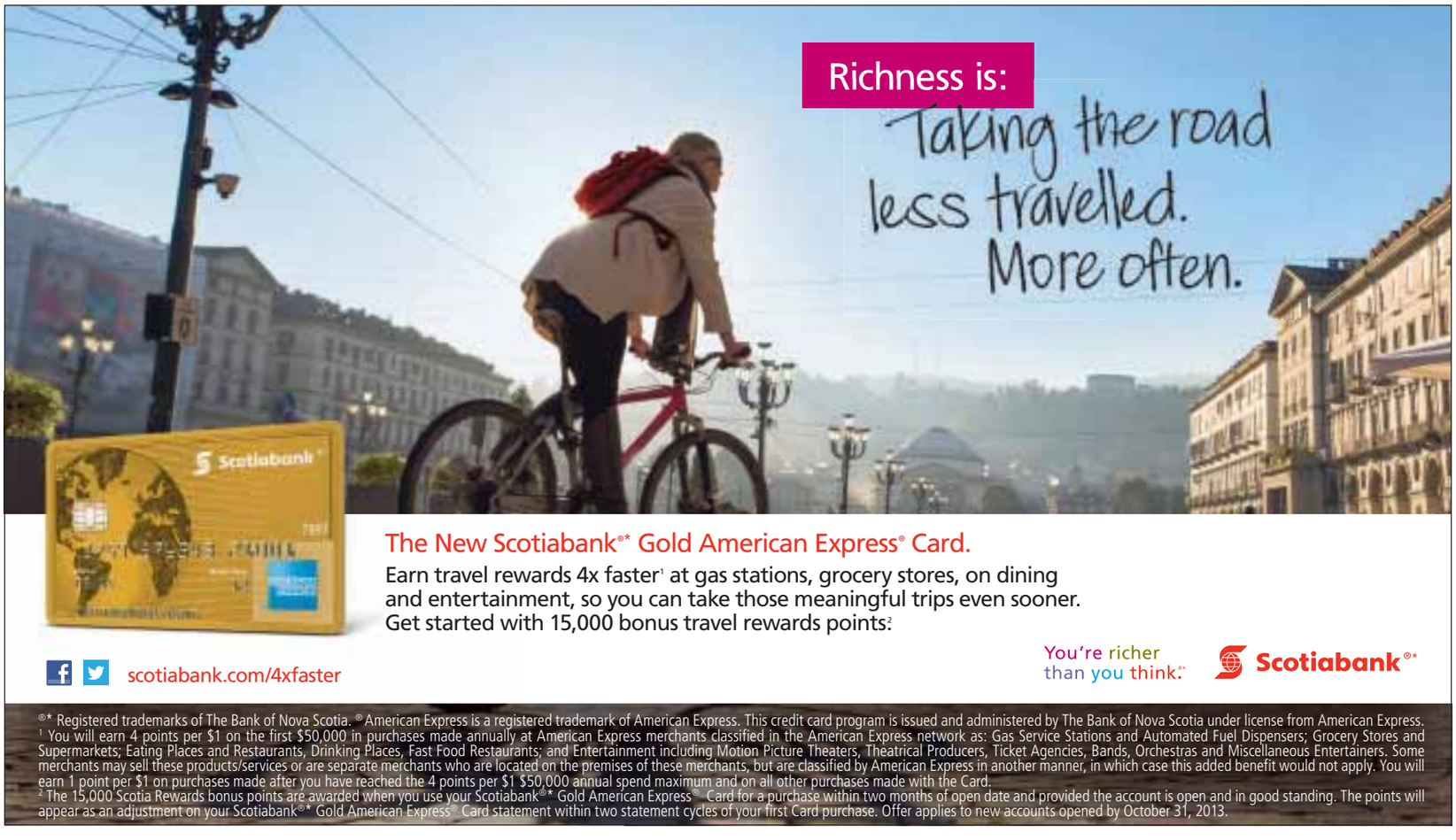
The days when winery owners routinely poured their wares for free are no more, although several wineries offer two-for-one tasting coupons (check online before you visit), and others will waive tasting fees if you buy a bottle to take home. But there is still at least one winery offering tariff-free tasting. That would be Sutter Home Family Vineyards — the people who introduced America to white zinfandel in the 1970s — in St. Helena. Stop by the charming tasting room on Highway 29 in St. Helena (277 St. Helena Highway) and taste up to four wines free from the eight-wine tasting menu, which includes a zinfandel port.

Markets

The Napa Valley is famous for fine dining and you can watch some of the city's top chefs plying their trade at the Napa Chef's Market, a free weekly event on Thursday nights in downtown Napa. Traffic is rerouted so the market is like a big street party. There are two cooking demonstrations at 6:30 p.m. and 7:30 p.m. where you can watch the food being made and then enjoy a taste when it's done. THE ASSOCIATED PRESS

Artful touring

More than 75 wineries have art on display all year long. Some of the places to see free art anytime include The Hess Collection's contemporary art museum, featuring works from the private collection of owner Donald Hess (4411 Redwood Road, Napa, 10 a.m.-5 p.m.), and The Baron Wolman Gallery at Markham Vineyards (2812 St. Helena Highway, St. Helena, open daily 11 a.m.- 5 p.m.), with photographs by Wolman, Rolling Stone's first chief photographer.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First time cooking with lamb? Try this zesty lamb meatloaf

Ingredients

Meatloaf:
- 1 kg (2 lb) lean ground lamb
- 1/2 Spanish onion, diced
- 7 ml (1/2 tbsp) cracked black pepper
- 10 ml (2 tsp) cumin
- 2 eggs
- 175 ml (3/4 cup) bread crumbs

Pesto:
- 30 ml (2 tbsp) mustard seeds
- 30 ml (2 tbsp) fresh dill (or 15 ml/1 tbsp dried)
- 30 ml (2 tbsp) extra virgin olive oil
- 5 ml (1 tsp) sea salt

Glaze:
- 15 ml (1 tbsp) oil
- 125 ml (1/2 cup) onions, diced
- 125 ml (1/2 cup) red peppers, diced
- 250 ml (1 cup) red pepper jelly
- 125 ml (1/2 cup) beef stock

You may have to ask your grocery store or butcher for ground lamb but it's a good way to start if you've never cooked with lamb before.

1. For pesto: Put the mustard seeds, fresh dill, oil and salt in a mortar and pestle and "grind" to make a chunky paste-like mixture. (Use a food processor if you do not have a mortar and pestle.) Set aside.

2. For meatloaf: Preheat oven to 200 C (400 F). In a bowl, mix with your hands the lamb, onion, pepper, cumin, eggs and bread crumbs until just incorporated. Don't over-mix the meat.

3. Transfer the meatloaf mixture into a shallow pan. The meat should be wider than it is tall. Spread the pesto over the top. Put meatloaf into the oven on the middle rack. Bake for 50-60 minutes or until internal temperature reaches 68 C (155 F). Remove from oven and rest about 10 minutes.

Ground Lamb Meatloaf with Pesto and Red Pepper Glaze

This recipe makes 4 servings. THE CANADIAN PRESS

4. For the glaze, heat a heavy skillet to medium-high. Add oil, onions, red pepper and sauté until onions begin to brown. Add the red pepper jelly, stirring until the jelly melts down. Add stock and reduce heat. Cook until mixture has slightly thickened.

5. Slice the meatloaf, and pour warm red pepper glaze over each slice.

THE CANADIAN PRESS/LAMBRECIPES.CA

Drink of the Week

Grey Goose Sling

- 1.5 oz Grey Goose L'Orange Vodka
- 0.5 oz freshly squeezed lemon juice
- 0.5 oz simple syrup
- 2 dashes Angostura orange bitters
- 5 blackberries
- Top with Perrier sparkling water

Add Grey Goose L'Orange, lemon juice, simple syrup, bitters and blackberries to a shaker and shake well. Strain over ice into an old fashioned glass. Top with Perrier and stir through delicately. Garnish with skewered blackberries.

RECIPES & PHOTOS COURTESY OF THE GREY GOOSE LOUNGE AT MUZIK IN TORONTO

Hollywood and Vine

Fame, fortune, wine. California's wineries aren't just for the drinker — there's plenty of Tinseltown history here too

Sometimes visitors to MacMurray Ranch, the 1,500-acre (600-hectare) spread owned by movie and TV actor Fred MacMurray for a half-century, want to know: Where's the heliport? Where's the screening room?

Kate MacMurray, Fred's daughter, just smiles. "This was our home," she explains.

What visitors will find at the ranch is a place that's not much different than when the MacMurray family lived there, right down to the rocking chair with the wide flat arms just right for holding the actor's drink as he sat reading the paper in the evening, close enough to the window to keep an eye on the Black Angus cattle he raised.

MacMurray and his wife, actress June Haver, bought the ranch in 1941. The MacMurrays used it for diversified farming during World War II and later raised cattle.

The entrance to Francis Ford Coppola's winery. THE ASSOCIATED PRESS

The MacMurray Ranch is now owned by the Gallo wine family and open to the public only during the Sonoma Wine Country Weekend in August, but it's one of several California wineries with celebrity connections, including wineries owned by Godfather director Francis Ford Coppola, the late Davy Crockett star Fess Parker, and the late Perry Mason star Raymond Burr.

MacMurray, star of such classics as Double Indemnity and The Apartment, and later the star of the popular TV series My Three Sons, spent his free time at the ranch and was deeply involved in the local agricultural scene. Photographs displayed in the property's refurbished barn show the couple with their prize cattle (owners and beast looking very spiffy). There are also a series of historical photographs following the evolution of the ranch from hops and prunes to livestock and now vines.

"If you held a mirror up to our ranch what would reflect back is the whole history of agriculture in Northern California," MacMurray points out. "It's quite remarkable."

THE ASSOCIATED PRESS

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Taking on the challenge of change

Where do you go from here? A major transition is on the horizon, and it's how you handle it that might just determine your destiny

ASHLEIGH TRAHAN
TalentEgg.ca

You're saying adios to one stage of your life and facing an uncertain future, which is both exciting and terrifying. How will you manage it? ISTOCK

Going from a student to a fully formed adult can be a rocky transition. It's a stressful time filled with lots of changes: moving, job hunting, and saying goodbye to college friends as you go your separate ways.

As the old saying goes, the only thing that's certain in life is that things are going to change, so increasing your adaptability now will serve you well when you encounter unexpected life events down the road. So how do you deal with change? Here are a few tips:

Accept that you can't control everything

Things may not pan out exactly as you had envisioned for your career and life post-graduation. Your identity is in transformation mode, so things we were sure about in the past (friends, your career) now aren't so clear. While the unknown can be scary, there is also such a joyful sense of opportunity about what's next. Daydream about the possibilities that are to come, or create a collage to act as your vision board. Optimism about what your future holds can be a real mood booster.

Enlist your friends and family for support

You're not the only one who's going through the transition after leaving school, so don't go it alone! Talk to a friend, family member, or a mentor you admire about what you're going through.

Sometimes you need a cheerleader in your corner, who will encourage you when you feel like you're stuck or overwhelmed. If you feel like you are better at expressing yourself through writing, keep a journal to keep tabs on how you're feeling.

Take action towards building your future

Now that you've left school, you have whole world of possibilities ahead of you. How can you start working towards your goals today? Perhaps you're not in your dream job immediately upon graduation, but that's okay (and pretty common!).

What small, obtainable steps can you take today to start working towards your goals? Taking action can be the best way to move forward during this transformational time; it will help you avoid feeling stuck or helpless.

As Maya Angelou said, "If you don't like something, change it. If you can't change it, change your attitude."

Be kind to yourself

Sometimes when we're going through a rough transition, we forget to be kind to ourselves.

- Be conscious of your thoughts, and choose to be as positive and grateful as you can. If you're having a rough day and feel like this whole adulthood thing is too overwhelming, schedule some time for an activity that makes you feel nourished and positive, like going to a yoga class or reading a good book. Taking some time to relax can help relieve some of the stress that comes along with the hectic pace of change.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Have you noticed that the temp is rising?

Short and sweet. Who knew that the shortest posts could have the greatest impact?

LAURA VAZQUEZ
TalentEgg.ca

Have you considered what a temporary opportunity can offer you as a student or recent graduate? Temporary or contract work is often dismissed as precarious employment, but it can provide students and recent graduates with the opportunity to gain work experience, build their professional network and get a foot in the door in their industry. Temporary can mean anything from specialized projects looking for a specific skill-set, to personal leave coverage and vacation coverage.

"An assignment can range from days to several months," says Julie Chandler, division director of Accountemps. "Many (people) actually like the flexibility. If you're looking for a temp-to-full-time benefit, a lot of organizations use this opportunity to evaluate the person to see if they can be a long-time fit for the company. This includes evaluating an employee from a personality perspective but also from a skill perspective."

According to Chandler, there are plenty of ways that managers can help temporary workers get off to a good start.

"Get on the same page and set up a game plan — students can contribute quickly if they know what is expected from them ahead of time," she says. "Knowing who you are reporting to is also a part of the process that can make you a successful candidate and, most importantly, doing your research before you walk through the doors."

Students can be strong candidates if they know what the "job role" consists of and make sure to stay in contact with the placement agency and their managers, Chandler adds. This will help them get consistent feedback that can shape them as professionals, while also maintaining open communication with their current employers. Sharing constructive feedback and working as a part of a team is a skill that is strong and transferable.

With temporary work, students can gain more experience that can make them more marketable in the future.

Julie recommends that students approach every assignment with the same commitment that they would at a full-time job because you never know when a temporary commitment may become a full-time opportunity.

Always look at temporary work as a potential long-term position. This is your way to showcase your talent and individuality. ISTOCK

Words of the wise

@TalentEgg: #QuestionoftheDay: Would you take a contract position in your dream job over a permanent position with benefits in a less desirable role?

- **@AbdulGureye:** Yes because if you work your hardest, impress the right people, and prove you can add value that temp job can become a perm job!
- **@avery_jessica:** Definitely! That contract could just be the first step in my career.
- **@gwenwyw:** Definitely. Any opportunity to even experience my dream job would be amazing. Opportunities are everywhere!

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4 SPORTS

World championship

Canada blows out Norway

Steven Stamkos had a goal and three assists to pace Canada to a 7-1 win over Norway at the IIHF World Championship on Tuesday.

Canada (2-0-1) played its best first period of the tournament so far and led by four goals after the opening 20 minutes.

Taylor Hall had two goals with Andrew Ladd, Matt Duchene, Jeff Skinner and Claude Giroux also scoring for Canada. Jordan Eberle had two assists.

Canada was second in the Stockholm pool with seven points. Switzerland led with eight.

Russia (3-0) downed the United States 5-3 to top the Helsinki pool. Promoted Austria doubled Latvia 6-3 for their first win.

THE CANADIAN PRESS

NHL awards

Fresh crop of defencemen up for Norris Trophy

Montreal's P.K. Subban, Pittsburgh's Kris Letang and Minnesota's Ryan Suter are finalists for the Norris Trophy, given annually to the NHL's top defenceman.

Each is a Norris finalist for the first time.

Subban topped the league's defencemen with 11 goals and 27 assists. Letang finished second in the scoring race among defencemen despite missing more than a quarter of the season. Suter of Madison, Wis., ranked second among players at his position in assists (28) and third in points (32).

THE ASSOCIATED PRESS

James Reimer, right, shares a laugh with Ben Scrivens during the Leafs' practice at the Air Canada Centre on Tuesday. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Leafs past doom and gloom of Game 3 loss

NHL playoffs. Coach Carlyle has his players in good spirits despite trailing Bruins 2-1

The day after a punishing playoff game that featured 99 hits, burly Leafs defenceman Mark Fraser was feeling it a bit.

Not that he was complaining. Still it had to hurt a little more, given that Boston won Monday night's game 5-2 to regain the upper hand in the series. The Bruins lead two games to one going into Game 4 Wednesday.

Despite the abuse, the 26-year-old Fraser was in a good mood at Tuesday's skate.

"Sometimes you might feel a bump or a bruise and you're not even sure how you got it," the six-foot-four, 220-pounder said cheerfully after practice.

After a night when Boston outhit Toronto 51-49, Fraser was asked if he leapt out of bed Tuesday to head to the rink.

"Actually today I did," he said with a grin. "A big part of that has been the significant change of the weather, the sunshine."

For Toronto coach Randy Carlyle, the summer-like day was a welcome reminder to his players that all is not lost, despite a second defeat in three games in their first playoff experience since 2004.

"I used to say everybody's in doom and gloom but the sun did come up today," the coach said. "It was sunny out there.

"That would be the way we'd want to flush things and turn the page on it. Today's a new day. Let's start. Let's build. Let's focus. All those things are things that we try to provide." THE CANADIAN PRESS

Fighting words

Bruins coach Claude Julien has played down a "Toronto Stronger" sign carried by a Leafs fan before Game 3, suggesting perhaps it was the misguided product of a playoff-crazy supporter.

- "(It), to me, had nothing to do with hockey," Julien said after practice Tuesday. "Boston Strong is about something that struck our city, not our team. Maybe it's a little sensitive for the Boston people."

Isles proving a pesky match for Penguins

Islanders blue-liner Mark Streit defends Pittsburgh Penguins centre Sidney Crosby during Game 4 of their first-round playoff series on Tuesday night in Uniondale, N.Y. KATHY WILLENS/THE ASSOCIATED PRESS

John Tavares scored his second goal of the game with 9:49 left, and the New York Islanders tied their first-round series with the Pittsburgh Penguins on Tuesday night with a wild 6-4 victory.

Only the final lead was safe in Game 4.

Tavares slammed in his own rebound in front after Brad Boyes fed him following a turnover by Penguins star Evgeni Malkin. It was the Islanders' third one-goal advantage in the game and the one that earned them a 2-2 tie in the highly entertaining series that has featured 5-4 and 6-4 finishes at Nassau Coliseum.

Game 4

Islanders	Penguins
6	4

Tavares was serenaded with cheers of "M-V-P" from the frantic crowd that is believing an upset is possible. Casey Cizikas shoved in a shot with 1:16 left to add some much-needed insurance.

Brian Strait, captain Mark Streit, and Kyle Okposo also had goals, and Evgeni Nabokov made 27 saves for the eighth-seeded Islanders.

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Never mind the Mother's Day card and clean her car instead

Autopilot. The car makeover for that appreciative time of year could be a new tradition in the Goetz household, right kids?

AUTO PILOT
Mike Goetz
drive@metronews.ca

Hard up for a way to celebrate Mother's Day?

Usually I'm not full of suggestions. Usually I could only suggest gift ideas to stay away from, based on the reactions they created on Mother's Days gone by. For example, as Mother's Day gifts, I would definitely stay away from groceries, laundry detergent, and personal coupons redeemable for household chores you're already expected to complete. Actually the coupons are mostly all right, as long as you don't make them, as I did one year, with really tight expiry dates.

The Canadian Tire team doing what my kids should have done. MIKE GOETZ

But Canadian Tire recently tuned me into a great way to honour the mother in your family on her special day — clean her car inside and out. They also suggested families could add some relevant accessories, to give her something approaching a "Mother's Day Car Makeover."

Of course the fine folks at Canadian Tire want to sell car cleaning products and accessories, but they're definitely on to the spirit of Mother's Day. Mothers just love it when their families — and especially the kids — turn the tables, and work in love for the mothers, as the mothers work in love for their families every other day of the year. Excuse me, I seem to be tearing up a bit here… must get a tissue. Oh damn, I just wish I had more tears, so I could clean Mother's car completely with tears!

If tears aren't handy, go with a power washer.

That's how the team at Canadian Tire started cleaning our family car, driven mostly by the mother in our family, my wife Diane. As part of a press function, Canadian Tire offered to clean the Fit to show off the company's do-it-yourself cleaning and car organizational products, and to promote the concept of the Mother's Day Car Makeover.

And clean it they did. It looked — and smelled— incredible. I was particularly impressed with Autoglym's Aqua Wax, which proved to be a quick an easy way to give your ride a protective and shiny wax job. You spray it on while the car is still wet after washing. They you just spread it around with a micro-fibre cloth, and dry and shine it with another, and you're done.

Our teenage kids, Amelia and Jared, were invited to help clean, to make Mom feel more special, but they were not available. We didn't give them enough notice. They couldn't clear their schedules. But they promised to have their people call our people and set up a meeting to discuss other Mother's Day proposals.

So this column could have been how Amelia and Jared cleaned their mom's car for Mother's Day. Now it's to shame them into doing something else. In keeping with the auto theme, Jared, how about replacing the Honda's timing chain? I believe its due for one. It's also due for an air conditioning service. Amelia, I know a container of refrigerant and socket set with your name on them.

Failing that, maybe a coupon for cleaning the Fit the next time its needs it (with no expiry date on the coupon.)

Engines flourish with a regular oil change

Driving Force. Give what's under your hood a longer shelf life by following the owner manual's lubricant schedule

JIL MCINTOSH
drive@metronews.ca

Any time your engine is running, there are parts inside it moving at several thousand times a minute, and with little more than the width of a human hair separating them from other components. Without sufficient oil for lubrication, the engine will quickly seize and become irreparably damaged.

"Engines heat up as they operate, and metal expands, so if you didn't have oil, the heat would cause the metal parts to contact," says Sean Martell, category business manager for oil and oil change at Canadian Tire. "Oil protects engine parts from wear, it helps take heat away from the engine so it can operate at a consistent temperature, and it captures dirt and debris that gets into the engine."

Oil contains additives and antioxidants to help protect your engine, but these eventually break down. Changing the oil at regular intervals helps to prevent premature engine wear.

Whenever the engine is running, oil is circulated through it by an internal oil pump. It passes through the oil filter, a canister that's screwed onto the engine, which traps larger dirt particles suspended in the oil. The filter is disposable and should be replaced with every oil change.

Having the right amount of oil in the engine is important, too. Too much can be just as bad as too little, since the oil will foam and won't provide proper protection.

It's best to follow the oil change schedule recommended by the manufacturer for your vehicle. "If you go a little past your interval, the oil doesn't stop working, but it does lose its capacity," Martell says. "In the owner's manual, there's usually a standard schedule and then one for 'severe duty' (which is more frequent).

Things to note

Rating system. Engine oil is rated by its viscosity, which is how thin or thick it gets with heat or cold, and there are blends rated for winter or summer temperatures.

Synthetic. This oil is formulated for better flow and engine protection. It also usually has longer change intervals, and in some cases can improve fuel economy.

Thorough check up. During an oil change, the technician should also check your vehicle's belts, hoses, tires, fluid levels, and brake pads to be sure they're in good condition.

Regular changes will extend the life of your engine. CANADIAN TIRE

"It's not that severe, and over 80 per cent of Canadians drive in what is considered severe duty, including a range of temperatures, a lot of stop-and-go traffic and short trips, and a mix of dirt and paved roads. All of these put more stress on the engine. There's no harm to your car by changing the oil more frequently, but if you follow the directions, your engine will last for a longer time."

Luxury Rover is a thoroughbred

Second gear. Land Rover Range Rover 2003-2009

JUSTIN PRITCHARD
drive@metronews.ca

Capable, luxurious and packing world-class comfort features, the last-generation Land Rover Range Rover hit the road with V8 or supercharged V8 power, four-wheel drive and a long list of goodies when it launched in 2002.

Feature content included dual-zone climate control, a sunroof, navigation and plenty more. Air suspension, a CD changer and xenon lights were on board, too.

Depending on the year and model in question, this posh off-roader could be kitted up via numerous trim levels and option packages to suit a variety of tastes and budgets.

Common Issues

The Range Rover is full of electronics that can experience issues, so approach looking for signs of trouble. Be sure all electrically-operated accessories function as expected, and check for any warning lights or messages in the instrument cluster or driver computer.

Have the air suspension checked out by a Land Rover mechanic after you toggle it through its various settings to confirm it operates without any warning lights illuminating. This is an expensive-to-repair system that will eventually wear out and fail.

Be sure to toggle the 4x4 system between its various modes too, checking for signs of trouble along the way. Check the owner's manual for proper shifting procedures, noting any unusual sounds or failure to shift into the selected mode.

HANDOUT

What owners like

Luxury, go-anywhere capability, exclusivity and a great deal of "presence" are noted by owners. Smooth performance and an ultra-posh cabin are also noted. All said, owners seem to have enjoyed a driving experience rich with luxury and capability.

What owners dislike

Complaints were minimal, though most owners wish for better fuel mileage.

Engines

Look for a V8 engine on all models, built by BMW during that automaker's ownership of the Land Rover brand until 2006.

When Land Rover was purchased by Jaguar, a Jaguar V8 was fitted instead. Both engines displaced 4.4 litres, and the Jaguar mill could be had with a supercharger.

The verdict

The main attraction to a used Range Rover is luxury, performance and pedigree. If you're after a cheap-to-run sport ute, this isn't the model for you. Opting against a supercharged model will reduce your fuel bill slightly.

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Family road trip anybody?

Preparation is key. A vehicle check up, GPS and entertainment for the kids top the list of things you need to have prior to departure

Packed, prepped and ready to go with some piece of mind. NEWS CANADA

The arrival of warm weather brings about the excitement and possibility of vacations, long weekends and road trips. Every year a number of Canadians decide to forgo the stress of air travel in favour of exploring their country by taking to the open road.

To make your trip as comfortable, functional and safe as possible, it's best to plan ahead, get organized and make sure you have a few essentials.

First, it's a good idea to have your car checked out by a certified technician, who will identify, perform maintenance and repair any issues your car may have. This step helps you avoid expensive or inconvenient repairs during your vacation.

Once the car is road-ready, it's time to get organized. For families this can be a monumental task, so leading retailer, Canadian Tire, says there are several storage solutions on the market. Many are designed to tame car clutter and create extra room for road trip essentials like games, toys, snacks and drinks.

Outside of the car, consider using a roof rack to safely store your camping gear and a sport rack so that you can bring along your gear.

To keep the kids entertained — and to minimize the collective "are we there yet "— don't forget the portable DVD player and some toys.

To avoid any lost time consider investing in a GPS unit to navigate your way to your destination. Always keep an emergency road kit in your car to help you stay safe during your road trip. It's also a good idea to keep the appropriate tools in the trunk in case you get a flat tire.

NEWS CANADA

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Some issues should be taken seriously but others are just not worth the effort and what happens today falls squarely in the latter category. Don't waste your time and energy on trivial things, or trivial people.

♉ Taurus
April 21 - May 21
Major changes are in the air and you will be at the center of them. It isn't true, as some people claim, that Taurus types stick with the tried and trusted.

♊ Gemini
May 22 - June 21
You may feel restricted in one area but maybe that is a sign from the universe that you should be concentrating your efforts in a different area entirely. Give it some thought over the next 24 hours.

♋ Cancer
June 22 - July 23
You may not be as forceful as some people but you have your moments now and again. With Mercury and Mars acting together today you will find ways to persuade the world to take care of your needs.

♌ Leo
July 24 - Aug. 23
No matter how smart you may be there will always be someone who is smarter and you forget that fact at your peril. If you know when you have met your match you won't have any problems today.

♍ Virgo
Aug. 24 - Sept. 23
No matter how daunting the task that confronts you today you will tackle it head on and make a huge success of it. Later in the week you will be more relaxed about life.

♎ Libra
Sept. 24 - Oct. 23
Your thought processes are moving so fast at the moment that you come up with answers to questions that have not even been asked yet.

♏ Scorpio
Oct. 24 - Nov. 22
You may be tempted to give a friend some advice today but the planets warn that probably isn't such a good idea. On this occasion it might be wise to keep your mouth shut.

♐ Sagittarius
Nov. 23 - Dec. 21
You have never been the sort to play safe and you are not about to start now. If you take some sort of gamble today it may well pay off but don't forget that there are no guarantees.

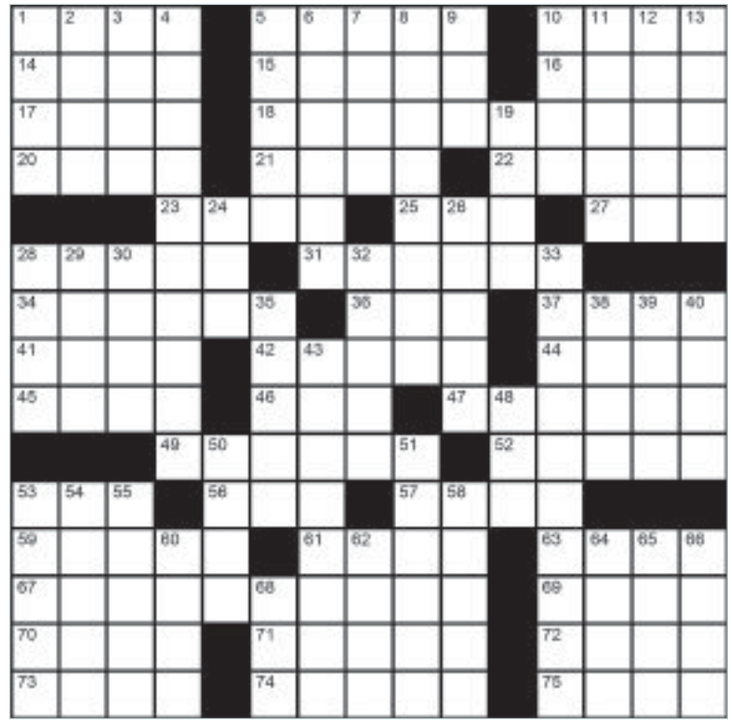
♑ Capricorn
Dec. 22 - Jan. 20
You need to give yourself a bit more space and find ways to spend time on your own. There are so many things that need doing this month and your workload is sure to increase, so relax while you can.

♒ Aquarius
Jan. 21 - Feb. 19
Make time for your nearest and dearest today. Your work schedule may be punishing but even if you get through it all it won't bring you anywhere near the satisfaction that spending time with your loved ones does.

♓ Pisces
Feb. 20 - March 20
Some people will always be critical of your efforts and they are the people you should always ignore. You know they are driven mainly by jealousy, so pretend they don't exist — that will annoy them even more! SALLY BROMPTON

Crossword: Canada Across and Down

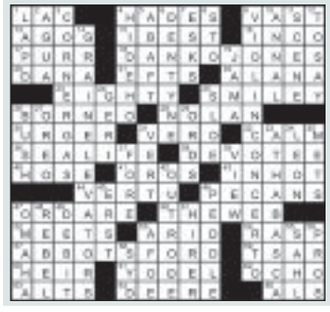
BY KELLY ANN BUCHANAN



Across
1. "__ sure you already know...": 2 wds.
5. ___ world record
10. Just about
14. Bible pronoun
15. Friend: Italian
16. Pledge
17. Pulls along
18. Ottawa-born impressionist: 2 wds.
20. Search
21. __ __ it (Is a conspirator)
22. Prairies product
23. Existence
25. Wynonna's sis
27. Yukon's li'l neighbour
28. Dog of Japan
31. The Book of __ (Show in Toronto)
34. Pronoun
36. Wee weekday
37. 'Def' suffix
41. General Robert _. __
42. Not now
44. Flimsy
45. Prophet
46. Island: French
47. Northern Pikes' "__ __ You Fool"
49. Fancy fabrics
52. Ms. Blanchett's
53. Toast topping
56. Jogged
57. Related
59. "The Untouchables" role, __ Ness
61. Betting card game
63. BMO competitor
67. Canada's __ (North of Toronto amusement park)
69. Lively circle dance
70. Barenaked Ladies song
71. Ill-fated luxury liner in 1956, Andrea __
72. British actor Clive
73. Not as much
74. Dishonest one
75. Some rodents

Down
1. Tourist __. (Places on postcards)
2. Boot alternative
3. "Thanks, ___ you one."
4. Stratford Festival play starting May 18th, The Three __
5. Traditional outfits
6. Marshall Mathers, to rap fans
7. Mr. Torres, Bon Jovi drummer
8. Canadian supermodel, Monika __
9. "You've Got Mail." co.
10. Chris of "The Good Wife"
11. Finished food
12. Attorney-__-__
13. Bookdom's Mr. Butler
19. "_ (__ Have Nothing)" by Tom Jones
24. Actress Ms. Field, to pals
26. Smug-looking smile
28. Actor Ed of "Daniel Boone"
29. Kid on "South Park"
30. 1989 Bad English hit: "When _ __ You Smile"
32. A lot
33. Journalism job: 2 wds.
35. CBC cooking show, "In the Kitchen with Stefano __"
38. Flapper's fabrication
39. Arrived
40. Gets by, just barely
43. MB city bordering SK: 2 wds.
48. Marie-Claire's 'here'
50. Mr. Johnson of "Laugh-In"
51. Ontario city on Lake Huron
53. Gem
54. Unaccompanied
55. Subcompacts
58. __ moment (Meant for a snapshot)
60. "What are the __?"
62. Swiss river, variantly
64. Cedar Rapids state
65. Poison singer, __ Michaels
66. Pepsi holders
68. Shortened streets

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

3				5				4
	9			2			6	
1			4		6			2
7		3				2		5
		4	5		7	1		
9		5				6		8
2			8		3			1
	4			7			3	
8				4				6

Yesterday's Sudoku

5	4	9	1	2	3	6	7	8
8	2	1	9	6	7	4	5	3
7	6	3	8	5	4	1	9	2
1	5	2	3	7	6	8	4	9
6	8	4	5	9	2	7	3	1
9	3	7	4	1	8	5	2	6
2	7	5	6	3	1	9	8	4
3	1	8	7	4	9	2	6	5
4	9	6	2	8	5	3	1	7

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